



Lesson Plan: Grab More Grains



Time Frame: 30 Minutes

By the end of this session, participants will be able to:

- Identify one way to incorporate more grain foods into their own diet to achieve the recommended six to 11 servings daily.
- Identify two ways they will incorporate more grain foods into family meals and snacks.

Materials needed:

- Food Guide Pyramid (available at <http://www.usda.gov/cnpp>).
- Examples of serving sizes for grain foods (real-life or plastic food models).
- Photocopies of the *Grab More Grains* tip sheet.
- *Shopping List for Grain Foods* handout (developed by the Wheat Foods Council at <http://www.wheatfoods.org/hnlp/sl.html>).
- *How to Handle Snack Attacks* handout (developed by the Wheat Foods Council at <http://www.wheatfoods.org/hnlp/hthsa.html>).

Procedure:

- Conduct the following quiz: "Rice, spaghetti, corn bread, flour tortillas, and muffins are all grain foods and contain carbohydrates. Are carbohydrates a good source of energy, vitamin C, or protein?"
- Discuss grain foods as the "base" of the Food Guide Pyramid and the "base" of our diet. Ask the group what makes grain foods special and why children need to eat grain foods. Discuss why grain foods are very important in keeping your body healthy. They provide carbohydrates — an important source of energy — and have very little fat. Grains also provide vitamins (B vitamins such as folic acid), minerals (such as iron), and fiber.
- Pass out *How to Handle Snack Attacks* handout. Discuss these grain food snack starters as a way to cure the cries of, "Hey Mom, what's to eat?" Ask group to contribute additional ideas they have tried or would be willing to try.
- Introduce the *Grab More Grains* tip sheet. Show that six to 11 servings is not really a lot throughout the day: a bowl of cereal for breakfast (one serving); a sandwich with two slices of bread for lunch (two servings); one cup of pasta for dinner (two servings); and a handful of saltines or three fig bars for a snack (one serving). Refer to the list on the following page:

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<http://www.dhss.state.mo.us/MissouriNutrition>

One serving equals:

- 1 slice of bread
- $\frac{3}{4}$ cup ready-to-eat cereal
- 1 pancake or waffle
- 1 small tortilla
- $\frac{1}{2}$ cup cooked cereal, pasta, or rice
- $\frac{1}{2}$ pita bread
- $\frac{1}{2}$ bagel, hamburger bun, dinner roll, or English muffin
- 4 saltine crackers
- 3 fig bar cookies

ACTIVITY: Ask group what grain foods are in their kitchen/pantry. Show group visuals of serving sizes of common grain foods. Ask group to think about what grain foods their families had for dinner last night. What about breakfast this morning?

- Pass out the grain foods *Shopping List*. Discuss how getting six to 11 daily servings of grain foods is easy — if you know where to look. Remind them that all kinds of grain foods can be found throughout the supermarket. To stock up on a variety of grains, take this list along the next time you go to the store. The topic of “which is better, whole wheat or white bread?” may arise. Assure group that if their child likes white bread, this is fine. Reiterate that white bread is a great source of B vitamins like folic acid and important minerals, such as iron.

ACTIVITY: Ask group what two items from the list could they purchase — that they would not normally consider buying — in order to make sure they get enough grain foods?

Evaluation:

Each participant will state one way they plan to incorporate grain foods in their own diet to achieve the recommended six to 11 servings, and identify two ways they will incorporate more grain foods into family meals and snacks.

